Dear Parents

We had an extremely successful ‘Family Fun Night’ on Friday. A big thank you to the Year 1 parent organising committee for thinking outside the box and having something different from past years. Everyone enjoyed the bush band and getting together to catch up and make new friends.

All parents should have now been notified of interview times which will be coming up in the next two weeks. The parent interview is an important component of our reporting strategy at Sacred Heart. It gives the teacher an opportunity to inform you of your child’s progress in all areas, both academic and social. Please make every effort to book in a meeting with your child’s teacher over the next two weeks.

The school board is in the process of choosing a new school bag that the P&F will offer for sale. We are looking at a trolley bag that has back pack availability. If you are thinking of purchasing a new school bag it may be worth holding off until early next term so you can have the choice of what to purchase.

Thank you to everyone who has already donated a product for the Easter Raffle. Keep these coming in and also purchase your tickets so that you have a chance of winning a great prize in the draw in the last week of term.

Chris Dunning
Principal

IMPORTANT SCHOOL DATES

| Mar | 31 | Parent Teacher Interviews (Whole of Week 9) |
| Apr | 4  | STAFF PROFESSIONAL DEVELOPMENT DAY |
|     | 6  | NO SCHOOL FOR STUDENTS |
|     | 7  | Year 2 Family Mass - Sacred Heart Church 9am |
|     | 9  | Parent Teacher Interviews (Whole of Week 10) |
|     | 10 | Interschool Swimming Carnival |
|     | 11 | Uniform Pick Up Day - School Hall 9-10am |
|     | 12 | Holy Week Reflection - Whole of School |

END OF TERM

We express our deepest condolences to the Sisters of Our Lady of the Missions, upon the sad passing of Sr. Regina Naisbitt RNDM.

A lovely, gentle lady, Sr Regina taught in the Primary School here at Sacred Heart many years ago. She also worked in Melbourne, and in the South West of Western Australia for a number of years. Recently, Sr. Regina was the Pastoral Associate at St Paul’s Parish Mt. Lawley.

Sister Regina always joined us for our Sacred Heart School Events, including Sacred Heart Feast Day, and Founders Week Mass. It was always a joy and a pleasure to have Sr. Regina with us on each of these special occasions.

May she rest in peace, and may perpetual light shine upon her soul.

Mrs Anna Sheehy (Assistant Principal)

TERM 1, WEEK 8

SCHOOL NEWS

A Lenten Prayer

Lord, you promised a new heaven and a new earth; renew us daily through your Spirit, that we may enjoy your presence for ever in the heavenly Jerusalem.

Help us to work with you to make this world alive with your Spirit, and to build on earth a city of justice, love and peace.

Free us from all negligence and apathy, and give us joy in your gifts of grace.

(Creighton University's Online Ministries)

A Lenten Prayer

God of mercy, you gave us new life through baptism, make us grow day by day in your likeness.

May our generosity today bring joy to those in need, in helping them may we find you.

Help us to do what is good, right and true in your sight, and to seek you always with undivided hearts.

Forgive our sins against the unity of your family, make us one in heart and spirit.

Amen

(Creighton University's Online Ministries)

Year Two Family Mass

Please join us for our next Family Mass, which will be held on Sunday, 6th April, at 9.00am in the Sacred Heart Church. Father Peter, and the lovely families from Year Two will be leading us in this celebration. The Mass will be followed by Morning Tea in the Undercover Area. Everyone is warmly invited to attend.

Mrs Anna Sheehy (Assistant Principal)

Interschool Swimming Carnival

Monday, 7th April 2014

Challenge Stadium, Mt Claremont

Comences at 9.30am and concludes approx. 2.15pm.

Students MUST be at school by 8.15am sharp, bus leaves at 8.20am.

Entry to the pool for spectators is $3.40 approx.

We would love to see you there to support the school team.

Mrs Stephanie Alderman (Physical Education)

Parent Teacher Interviews Pre Primary to Year 6

Parent Interviews will take place during Weeks 9 and 10. Please note Year 4, 5 & 6 students will be required to attend with their parents.

The interviews are a formal part of the school’s reporting process. Parents received a note to indicate their day/time preference for the interview. Teachers will send a reply slip to parents indicating their child’s interview day/time.

It is essential that all parents attend.

Mr Adrian Torrese (Assistant Principal)
**All Masses** will take place at 6.00pm at the Sacred Heart Church.

**Reconciliation:** Saturday, 31st May at 6.00pm.

**Eucharist:** Saturday, 24th May at 6.00pm.

**Confirmation:** Saturday, 17th May at 6.00pm.

**Commitment Masses**

**Venue**

Confirmation: Monday, 19th May at 6.30pm. Sacrament Workshops for Candidates and their parents.

**Venue:** School Hall

Reconciliation: Thursday, 22nd May at 7.00pm.

**Confirmation:** Thursday, 8th May at 7.00pm.

**important dates for your diaries:**

**If your child is a candidate for a Sacrament this year,** here are some important dates for your diaries:

- **Sacrament of Confirmation**
  - **Confirmation:** Saturday, 20th June at 10.00am
  - **Preparatory:** Wednesday, 16th April 2014

**Kathryn** would like to thank everyone for their wonderful support and very generous sponsorship. If you would like to donate please follow the link [http://my.leukaemiafoundation.org.au/KathrynBond](http://my.leukaemiafoundation.org.au/KathrynBond)

Congratulations Kathryn!!!

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**Sacred Heart Parish Highgate Sacramental Program 2014**

If your child is a candidate for a Sacrament this year, here are some important dates for your diaries:

**Sacrament Information Evenings**

Confirmation: Thursday, 8th May at 7.00pm.

Eucharist: Thursday, 15th May at 7.00pm.

Reconciliation: Thursday, 22nd May at 7.00pm.

Venue: School Hall

**Sacrament Workshops for Candidates and their parents.**

Reconciliation: Monday, 5th May at 6.30-8.00pm.

Confirmation: Monday, 19th May at 6.30-8.00pm.

Eucharist: Monday, 26th May at 6.30-8.00pm.

Venue: School Hall

**Commitment Masses**

Confirmation: Saturday, 17th May at 6.00pm.

Eucharist: Saturday, 24th May at 6.00pm.

Reconciliation: Saturday, 31st May at 6.00pm.

All Masses will take place at 6.00pm at the Sacred Heart Church.

**Sacrament of Confirmation**

**Sunday, 8th June 2014** 3.00pm

**Sacred Heart Church, Highgate**

**WINTER UNIFORMS - TERM 2**

Students are expected to be in full winter uniform at the commencement of Term 2. **Winter Uniform Pick Up Day - Wednesday, 9th April 2014**

**School Hall 9.00-10.00 am**

The Parenting Idea for this week is:

‘Reduce our national sleep debt’

**CACTEEN**

9422-7945

**CANTEEN**

**Week 8**

Thursday 27th Mar Emanuela Greco

Friday 28th Mar Viola Sacher

**Week 9**

Wednesday 2nd April Anh Mott

Thursday 3rd April Alana Carson

Friday 4th April School Closed

**School and Sport Timetable/Uniform Changes**

Due to the changes in the Physical Education timetable, students will only be wearing their sports uniforms **twice a week**. All classes now have a one hour PE session per week.

The PE and Sport timetable is as follows:

- **Mondays** Years 4, 5, 6
- **Tuesdays** Years 1, 2, 3
- **White shirts to be worn**
  - Friday Sport - all students are to wear their coloured sport uniform.
  - All students wear their school uniform on Wednesdays and Thursdays and of course their non-PE day.

A period of grace through Term 1 will allow parents to make any adjustments and become accustomed to the changes.

**Mr Adrian Torrese (Assistant Principal)**

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**P&F**

**Class Reps:** Please note we have additional class reps:

- **Kindy** - Jasmine Johnson & Sheryl Jonescu
- **Pre-primary** - Avril Thomson, Ruth Bott, Sonia Koroll
- **Year 1** – Kasey Lake, Marissa Bielawski, Lianna Quinn, Sharee Hogg
- **Year 2** – Juliet Bruning, Kathryn Bond, Maria Devlin
- **Year 3** – Deanne Brown, Avril Thomson, Colleen Pratt, Kelly Merrin
- **Year 4** – Sonia Koroll
- **Year 5** – Colleen Pratt, Jacinta Laffer, Rosanna Soares-Mendes
- **Year 6** - Julie Massara (Term 1)

**Trolley bags:** The Board and the P&F are currently investigating options for trolley school bags. A decision on a supplier and cost should be finalised by the end of this term and we are hoping bags will be available in Term 2 2014.

**Reminders:**

**Classroom helpers:** Just a reminder - Most of the teachers really appreciate some parent help in the classroom. This is usually first thing in the morning Tuesdays to Thursdays.

**Fete 2015:** The P&F is inviting expressions of interest for the voluntary positions of fete co-ordinator (x2) and fete committee members (ideally 2 from each year group in addition to the co-ordinators.) Please contact the P&F if you are interested in accepting any of these roles.

**Entertainment Books 2014:** The P&F will be raising funds by selling Entertainment Books. Please see the attached flyer.

**Easter Raffle:** Donation baskets are in the classrooms. Thank you to all who have already donated. Raffle tickets are attached if required.

**Aussie Farmers:** Thanks to everybody who has signed up with Aussie Farmers or linked their existing account to Sacred Heart. Unfortunately, there has been some confusion with the different Sacred Heart Primary Schools listed. Aussie Farmers are aware of this but it has proven difficult to rectify for some reason. Hopefully, the system will list Sacred Heart Primary School HIGHGATE eventually but in the meantime please note that our school uses the R6013 reference number.

Attached is a flyer for a special introductory offer for new customers from Aussie Farmers Direct, highlighting a sample of the fresh produce from Aussie Farmers Direct, showcasing a sample of the fresh produce they offer. Start shopping with the confidence that you are supporting our school, Aussie farmers and your local milko!

For further information visit AussieFarmers.com.au or call 1300 654 562.

**Footy Tipping:** After a late flurry of entries there are now 26 members of the Sacred Heart footy tipping competition. The prizes will be announced shortly so please get your entry fees into the office as soon as you can. Good luck!

**School banking:** Every Tuesday morning in the Library. If you would like to sign your child up please contact Linda Manno on 0408 935 702.

**Second hand uniforms:** These uniforms are all in great condition and your purchases help raise funds for the P&F.

**Clairy Lance (P&F Committee)**

pf@shpsh.wa.edu.au

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**ATTACHMENTS**

- Parenting Idea
- P&F Entertainment Book Order Form
- P&F Aussie Farmers Direct
- P&F Easter Raffle
COMMUNITY

The Easter school holidays are almost here and the RSPCA WA have everything you need to keep the kids entertained. You are certainly bound to find something that will appeal to kids of all ages between 4-14 years, we have a few favourites Junior Volunteer, RSPCA Big Day Out, Canine Capers, Cats 101 plus some new programs, all sessions have a tour included.

Check out our website www.rspcawa.asn.au or call 9209 9325, bookings for general public open 31st March and members open 24th March, we can’t wait to see you for a hopping good time.

Is your child starting high school in 2015?

Would you like to know what is being planned for their education?

INFORMATION EVENING

at Morley Senior High School
FOR PARENTS OF YEAR 7 & 8 STUDENTS IN 2015

Wednesday 2nd April at 7pm
(in the Arts foyer)

Free Sausage Sizzle from 6.30pm provided by the Morley SHS P&C

For further information please contact the school on 93765555

The Easter school holidays are almost here and the RSPCA WA have everything you need to keep the kids entertained. You are certainly bound to find something that will appeal to kids of all ages between 4-14 years, we have a few favourites Junior Volunteer, RSPCA Big Day Out, Canine Capers, Cats 101 plus some new programs, all sessions have a tour included.

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Kidogo Kid’s Art Program

Kidogo ArtHouse is a bustling independent art centre located at the water’s edge at Bathers Beach in Fremantle, Western Australia.

We run kids art classes every school holiday. If you like colours, art, drawing, painting & fun – come and join us!

We are accepting bookings now!

Week One: Tue 15th, Wed 16th, Thu 17th April
Week Two: Tue 22nd, Wed 23rd, Thu 24th April

Time: 10.00am to 12.30pm
Cost: $35 per class (includes materials)

To book your kids (5 – 12 yr old) in to a Kidogo Kids Art Program
Please call 9335 9636 – 0401 333 309 or email info@kidogo.com.au

Kidogo ArtHouse, Bathers Beach, Fremantle (off Mews Rd)
www.kidogo.com.au

Communion Dresses

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5 Piece Suits – sizes 00-14

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Catholics Corner --Shop 12
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Ph. 94561777
www.catholiccorner.com.au

Open: Mon to Fri 9am-5pm. Sat 9am-1pm. Proudly a W.A. small Business.
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids start function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. **A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. **Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
Introducing the 2014 | 2015 Entertainment™ Book and the new Entertainment Digital Membership!

You now have a choice!
Choose from the traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers, or the new Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone!

Whichever Membership you choose, $13 of your $65 purchase will go towards our school's fundraising and you receive over $20,000 worth of valuable offers valid through to 1 June 2015! Both the Book and the digital membership will be launched at the beginning of May. Please note digital memberships can only be purchased online at: www.entrainmentbook.com.au/orderbooks/855v50

EARLY BIRD PRE ORDER FORM
Pre order your Entertainment™ Membership online at:
Order before 30th April and you can choose up to 6 bonus offers that you can use straight away!

Sacred Heart Primary School - Highgate
Contact: Sheryl Jonescu | Phone: 0411 336 674 | Email: sheryljonescu@gmail.com

If you don’t have internet access, please fill in the details below and return to the front office. This option is for Book memberships only – digital memberships can only be ordered online at: www.entrainmentbook.com.au/orderbooks/855v60 and the membership will be sent to your smart phone after the 1st May.

☐ I would like to order _______ Perth Entertainment™ Book(s) at $65 each (including GST) TOTAL AMOUNT: $__________

☐ I will collect the Book(s) from the front office after 1st May 2014 OR

☐ Please send the Book(s) home with my nominated child after 1st May (Please nominate your child below)

Childs Name: ___________________________ Class Room: ___________________________

Customers Name: __________________________________________ Phone: __________________________

Email Address: __________________________________________________________

Address: __________________________________________________________ Phone: __________________________

State: ___________________________ Postcode: ___________________________

Method of Payment:  ☐ Cash  ☐ Visa  ☐ MasterCard (please fill in credit card details below)

Card Number: ____________/__________/__________/__________/__________ Exp Date: __/____/____ CCV: ____________

Cardholder's Name: __________________________________________ Signature: ___________________________
Farming has always been there to support the local community, we take this one step further. When you shop with Aussie Farmers Direct, part of your purchase will support the fundraising efforts of your local community, school or club.

Fundraising Introductory Pack

We’re all about fresh produce straight from the farmer to your door. Try it out with this introductory pack!

1. Go to AussieFarmers.com.au/Fundraisingoffer
2. Fill in your details and we’ll give you a call
3. Your pack will be delivered to your door by your local milko.

Pack Contents: 1x Daisy 1x Wholemeal Bread 700g 1x Reduced Fat Milk 2L 1x Apples 2kg 1x Free Range Eggs Doz 700g 1x Bananas 750g

If you’re already a customer link your account at AussieFarmers.com.au/LinkMyAccount
Our annual Easter Raffle is a very popular and exciting event for our children and this year there will be prizes galore!

We ask that you please support this event in the following two ways:

- Donate Easter-related items such as chocolate eggs, bunnies, toys, books, DVDs etc. (the more we receive the more chances for the children to win prizes!). Donated items are to be placed in the basket located in each classroom by Tuesday 8th April.
- Please Buy/Sell the 5 raffle tickets (total $10.00) that are printed on the right. Additional raffle tickets are available from the school foyer. Your Raffle ticket b ott s (please cut along the dotted line) and money should be placed in an envelope and given to the Classroom Teacher or the school office by Tuesday 8th April.

As Easter falls in the school holidays this year, the Easter Raffle will be drawn on the last day of term... Friday 11th April 2014.

Note: The donated Prizes and Raffle tickets/money must be sent in by the due date to allow volunteers to prepare the prizes in time for the big day.

This is a Parents & Friends Association fundraising initiative. Thank you for your help in making this a success.